



## How to Stay Sane in a Crazy World: A Modern Book of Hours to Soothe the Soul (Hardback)

By Sophia Stuart

Hay House Inc, United States, 2014. Hardback. Book Condition: New. 180 x 155 mm. Language: English . Brand New Book. When did you last go back to bed on a Sunday morning with magazines and some tea and cake? Or sink into a bubble bath by candlelight and listen to soothing music? When was your last massage or vacation? If you can't remember the last time you took care of yourself like this, this book is for you. There was a time when Sophia Stuart needed this book, too. She lived a crazy life with no true relaxation, and soon enough she found herself in front of a surgeon who told her that she had three tumors in her throat and that she needed a five-and-a-half hour surgery - plus almost a month of medical leave to recover. And that's when she fell apart. But the kindness of strangers helped her through it all. Her anonymous blog gave her an outlet to express everything she was feeling - her fear of the pain, her anxiety about the operation, her frustration about being stuck at home, and anything else that came up. Her writing also focused on all the...

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### Reviews

*This publication might be well worth a read, and much better than other. It really is simplified but excitement inside the 50 % of the book. You will not feel monotony at whenever you want of the time (that's what catalogues are for concerning when you check with me).*

-- **Imogene Bergstrom**

*This written publication is wonderful. It is rally fascinating throug reading period. I discovered this book from my dad and i suggested this publication to find out.*

-- **Keshaun Daugherty**

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Gallopade International, United States, 2013. Hardback. Book Condition: New. 224 x 142 mm. Language: English . Brand New Book. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective,...

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ZONDERVAN, United States, 2010. Paperback. Book Condition: New. 180 x 127 mm. Language: English . Brand New Book. The Case for the Resurrection, a ninety-six-page booklet from bestselling author Lee Strobel, provides new evidence that shines a fresh light on the Bible...

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Petrucci Library Press, United States, 2015. Paperback. Book Condition: New. 297 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dvorak's final Slovanske rapsodie was composed from around September 20 to December 3 of 1878 and was...

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